

**IF THERE IS NO  
ALCOHOL BASED HAND  
SANITIZER, FOLLOW THE  
RECOMMENDATIONS  
BELOW UNTIL YOU CAN  
WASH YOUR HANDS**

**AVOID TOUCHING YOUR**



**FACE**



**EYES**



**NOSE**



**MOUTH**

NOVEL  
CORONAVIRUS  
COVID-19

E.COLI

NOROVIRUS

COMMON COLD

SALMONELLA

INFLUENZA

HEPATITIS A

**DON'T  
FORGET TO  
USE AN ALOCHOL  
BASED HAND  
SANITIZER!**



**Public Health**  
Prevent. Promote. Protect.  
**Aitkin County**

**HAND-WASHING** with SOAP and WARM WATER  
is the best way to **PREVENT ILLNESS**

QUESTIONS? CALL AITKIN COUNTY PUBLIC HEALTH AT 218-927-7200